

## Winter 2003

► The *School Food Services News* is back but in a different format. Three issues, fall (September), winter (January) and spring (April) will be available on our section's Web page.

# NEWS

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Click here to contact our staff:

[www.dese.state.mo.us/divadm/food/staff.html](http://www.dese.state.mo.us/divadm/food/staff.html)



The Missouri Department of Elementary and Secondary Education does not discriminate on the basis of race, color, national origin, age, sex, disability or veteran status in its programs, services or employment practices.

## Annual Report of Revenues and Expenditures for School Food Services Programs

We have recently implemented a Web version of the food service Annual Report of Revenues and Expenditures (R&E). Previously this was a paper form titled Annual Report of Income & Expenditures for Lunch, Milk, After School Snack & Breakfast Programs. Go to the school food services menu and select Revenues and Expenditures. You will be instructed to click on Create New Revenues & Expenditures Report.

Public Local Education Agencies (LEAs) and Charter Schools, please note that the figures displayed in Part 1, Items 2 and 3 are the food service revenues and expenditures reported on your LEA's Annual Secretary of the Board Report (ASBR). Review the figures and, if correct, click on Submit. Anyone with submit capability can submit the R&E. After our office approves the R&E, the status will read Approved. For those LEAs that are self-operated, you need do nothing more.

For those Public LEAs and Charter Schools that contract with a Food Service Management Company (FSMC), the LEA will click Create New Revenues and Expenditures Report, and the R&E will automatically be submitted to our office. Our office will approve the R&E. After the R&E has been approved, the Public LEAs or Charter Schools will need to click on

Amend to complete a second R&E. If the LEA has a fixed-price contract, the amount paid to the FSMC is coded as Purchased Services. Often the LEAs that have a Cost + Fee contract will report food services expenditures as Purchased Services. This is the correct way to record the expenditures, but our office then needs a breakdown of Purchased Services for statistical purposes. Therefore, it is necessary to create a second R&E that provides, from information obtained from the FSMC, a breakdown of the Purchased Services into food, salaries,

employee benefits, purchased services and supplies. The Closing Balance in Part 1, Item 6 calculated on the original R&E and the amended R&E should be the same. If the closing balance on the amended R&E is different than the closing balance on the first R&E, an Adjustment to Balance for

Food Management LEAs Only, Part 1, Item 5, either positive or negative, should be made.

Non-Public LEAs will need to enter their revenues and expenditures in Part 1, Items 2 and 3. Be sure that the Closing Balance in Part 1, Item 6 agrees with the food services balance in your checking account. After all the necessary figures are entered, submit the R&E. For those Non-Public LEAs that contract with a FSMC, please follow the instructions outlined above for Public LEAs that contract with a FSMC.



## Inventory of Commodities

One of the USDA initiatives for the commodity program is to operate using normal business practices where possible. Allowing vendors that supply commodities to USDA to use commercial labels rather than USDA labels has been piloted since 1996. For the 2002-03 school year, all vendors are permitted to use commercial labels. With the loss of visual identification of commodities, it will be difficult for schools to inventory commodity products separate from purchased products. USDA has offered states the opportunity to use a single inventory record keeping system by granting a waiver from some specific sections of the regulations for the Food Distribution Program. Section 7 CFR Part 250.16(a) (2) requires LEAs to maintain accurate and complete inventory of donated foods.

Starting with the 2002-03 school year Missouri has adopted the single inventory system for those LEAs that are self-operated (do not contract with a Food Service Management Company). Those LEAs will no longer submit to our office a December 31 Commodity Inventory. If there is an excess inventory of one or more commodity items, it is the responsibility of the LEA to utilize the product(s) by the end of the school year or contact another LEA to try to arrange a transfer of the product(s). Also, self-operated LEAs will no longer report a loss of a commodity to our office.



Because of on-going  
concerning crediting

discussions with USDA, state agencies, LEAs and FSMCs the value of commodities to LEAs, any LEA that contracts with a FSMC may not use the single inventory system and is not exempted from 7 CFR Part 250.16(a) (2). A separate inventory of commodities must be maintained. Therefore, the

December 31 Commodity Inventory report is to be completed and returned to our office by January 20, 2003. This report was mailed January 3 to LEAs that contract with a FSMC. LEAs that contract with a FSMC must report any loss of commodities to our office on the Commodity Loss form.

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## December Commodity Shelf

The Web address in December's Commodity Shelf Newsletter article about subscribing to Food Safety Inspection Service (FSIS) food recall has been corrected. In order to receive e-mail notifications of food recalls please go to [www.fsis.usda.gov/oa/news/subscribe.asp](http://www.fsis.usda.gov/oa/news/subscribe.asp). After subscribing, the individual should check their e-mail daily and communicate the recall information to the food service director/manager.

## Best Practices Award

The U.S. Department of Agriculture is pleased to announce the 2003 "Best Practices Awards" in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). The award is designed to recognize outstanding program practices in schools and LEAs. In order to encourage and reward outstanding practices in school food service, the

USDA will recognize outstanding practices in five categories in schools and LEAs participating in the NSLP and/or SBP.

Three of the five categories have been revised: the School Breakfast Program Access, Increasing Consumption of Fruits and Vegetables by Participants and the Eat Smart Play Hard Campaign. Each is important to a healthy school environment and has an impact on nutrition and physical activity. LEAs who feel that they have implemented an innovative or creative practice in their food service programs in one or more designated categories are encouraged to enter.

The Best Practice Awards Categories and Nomination Form were mailed to every LEA in January. **Nominations must be received in our office by April 1, 2003.** The Mountain Plains Regional Office will present awards to the winner in each category. If you have any questions, contact Mickey Belosi at 573-751-7663 or e-mail [mbelosi@mail2.dese.state.mo.us](mailto:mbelosi@mail2.dese.state.mo.us).

## Updated Guidance for Homeless Children in The School Nutrition Programs

A January 2002 amendment to the McKinney-Vento Homeless Assistance Act (42 U.S.C. 11431 et seq.) clarified the definition of homeless children and youth. Another provision of the statute requires each school district to designate a Local Education Agency liaison for homeless children and youth. Such a liaison will be in public schools only. The definition of homeless means an individual who lacks a fixed regular and/or adequate nighttime residence. This definition includes:

- (i) children and youths who are sharing the housing of other persons due to loss of housing, economic hardship, or a similar reason; are living in motels, hotels, trailer parks, or camping grounds due to lack of alternative, adequate accommodations; are living in emergency or transitional shelters; are abandoned in hospitals; or are awaiting foster care placement;
- (ii) children and youths who have a primary nighttime residence that is a public or private place not designed for or ordinarily used as a regular sleeping accommodation for human beings;
- (iii) children and youths who are living in cars, parks, public spaces, abandoned buildings, substandard housing, bus or train stations, or similar settings; and
- (iv) migratory children who qualify as homeless because the children are living in circumstances described above.

## 2002 Seamless Summer Feeding Waiver Program Best Practice Award

Congratulations to Martha Meyers of St. Joseph School District for the receiving the regional 2002 Summer Food Services Program Sunshine Awards in the category of Expansion through the Seamless Summer Feeding Waiver.



### Important Links

#### MSFSA Web Site

The School Food Services Web site is linked to the Missouri School Food Service Association's Web site. Check *Additional Sites of Interest* at the bottom of our home page. The MSFSA Web address is [www.msfsa.net](http://www.msfsa.net). Check the Web site to find out more information about MSFSA.

#### National Food Service Management Institute

Every year the National Food Service Management Institute (NFSMI) presents satellite seminars in April and October and live interactive teleconferences in January and August. Check the link on our home page under *Additional Sites of Interest*. The NFSMI Web address is [www.nfsmi.org](http://www.nfsmi.org). Click on Educational Opportunities for satellite seminar information.

#### Dairy Council Workshop Session

The Dairy Council has compiled your ideas for creating healthy school environments. School Food Service professionals provided suggestions during the Dairy Council's workshop sessions, "Creating Healthy Environments: Changing the Scene." The workshops, which were held in 10 different cities, were part of DESE summer training. If you would like a copy of the entire list of ideas check the Web site for ways to obtain this list. The address is [www.dese.state.mo.us/divadm/food/workshopindex.htm](http://www.dese.state.mo.us/divadm/food/workshopindex.htm)





## National School Breakfast Week 2003

School Breakfast makes a difference and is part of the school curriculum. Problem solving for students can be easier after eating a well-balanced breakfast each morning. Help your students solve daily equations by celebrating National School Breakfast Week, March 3-7, 2003.



The theme for this year's National School Breakfast Week is "Make Your Morning Count with School Breakfast." Take this opportunity to teach your students the important role breakfast plays in learning. Coordinate with teachers, administrators and students to spread the word. Visit [www.asfsa.org/meetingsandevents/nsbw/](http://www.asfsa.org/meetingsandevents/nsbw/) for more information, including recipes and menu ideas.

## Playing or Eating – Which Would You Do First?

How do you typically feel after you have eaten a meal, whether it's lunch or dinner? Usually, you're full, sluggish, maybe feeling a little stuffed (especially if you have overindulged). Now, picture a child hurriedly ingesting a piece of cheesy pizza, buttery corn, homemade blueberry cobbler, and cold milk in a cafeteria full of rambunctious children. When half finished with lunch, the child dumps his tray and runs out of the cafeteria doors to the playground in order to reserve his spot on the swings. Twenty minutes later, recess is over, the child is returning to their classroom feeling hot, sticky and thirsty, with a bit of a tummy ache.

Maybe recess immediately after lunch isn't the best idea. Why not have recess and then lunch. As adults we don't eat a large meal and then go to the gym to work out, do we? Now picture this, children lined up to go into the cafeteria. They are hungry, thirsty, have had the opportunity to socialize and are now ready to eat. The children receive their trays and sit down to enjoy their meals. They are not in a hurry to get outside to play, so eating and quenching their thirst is their primary focus.

Recess before lunch has many advantages for children and schools. Research has shown that children who play first then eat lunch consume a significant amount more of their lunch. The study, "Food waste is reduced when elementary-school children have recess before lunch," shows that plate

waste is decreased from 34.9 percent to 24.3 percent. The study demonstrates that children consume a larger portion of their meal when not pressured by friends to join them at recess. The authors also suggest that children may perform better when recess is scheduled before.

Pat Hurst, a foodservice director in Indiana, observed that "kids eat better with recess first, our kids are better behaved in the lunchroom." Another foodservice director, Carol Miller from Colorado, points out some advantages: "Kids eat their food and drink their milk, food waste is way down. They are no longer in a hurry to get to recess. Kids are more settled when they go back to their classrooms. It has seemed to reduce

playground discipline problems. Lunch room serving lines are quieter." As a result of playing and then eating, children are consuming more of the nutritious foods offered during school lunch. One food in particular is milk, which has advantages far beyond school cafeterias and playgrounds. If children are consuming their milk

instead of throwing it away, their calcium intake increases. The same holds true for the many other nutrients offered during school lunch. These nutrients provide children many more benefits in their bodies than in the garbage can.

### Reference:

M.J. Getlinger, C. Laughlin, E. Bell, C. Akre, and B. Arjmandi. "Food Waste is reduced when elementary-school children have recess before lunch." *Journal of The American Dietetic Association*. 1996;9:906-908.

